

A Special Message to Parents

Are your teenager's
vaccinations up-to-date?

Did You Know...?

- ◆ Vaccinations can protect your teen from serious diseases;
- ◆ Your teen may need vaccinations against many of these diseases to get a job or get into college;
- ◆ VFC eligible children may receive vaccinations through 18 years of age;
- ◆ Vaccines are usually more expensive for children over 18 years of age;
- ◆ Once your child is 19 years of age and considered an adult, insurance may not cover vaccinations.

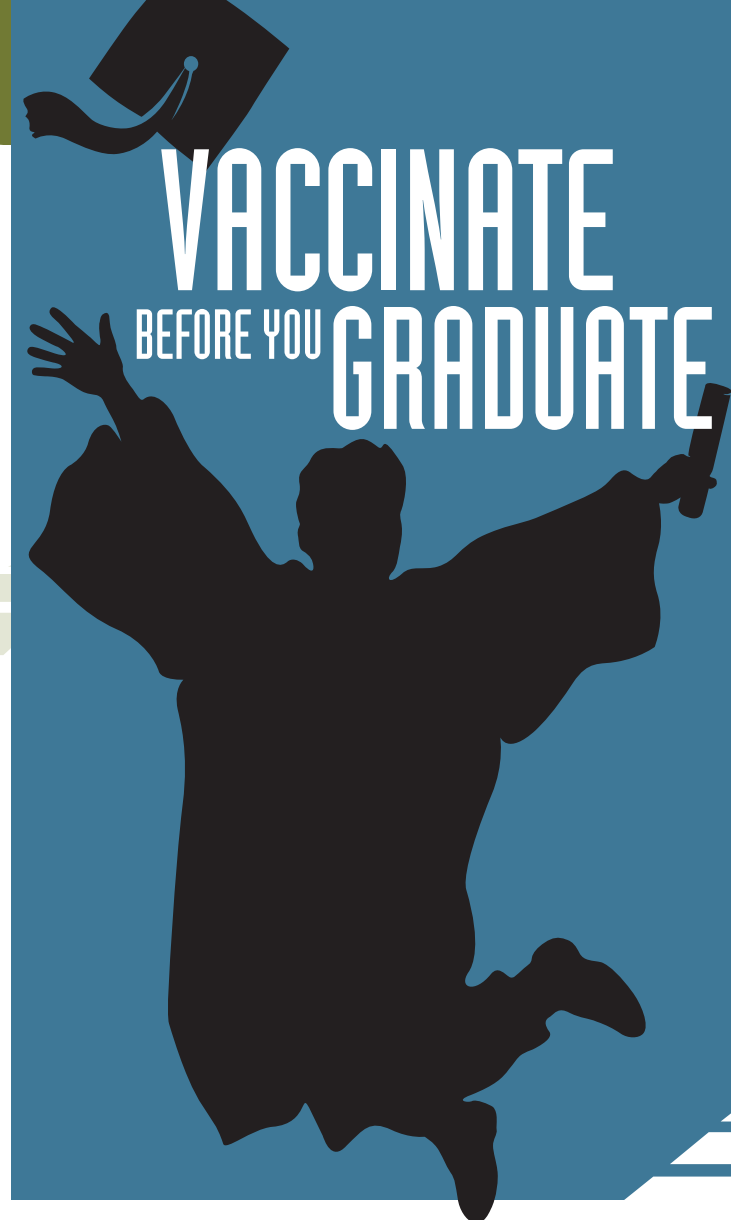
For more information, call your
doctor, local health department or the
Immunization Hotline.

1-800-275-0659
www.immunize-utah.org



Utah Department of Health
**IMMUNIZATION
PROGRAM**
Immunize for healthy lives

Adapted from the Rhode Island Department of Health,
Immunization Program



The best way to stay healthy down the road.

What is Vaccinate Before You Graduate?

Vaccinate Before You Graduate is a program that provides vaccination information to students and their parents in Utah middle and high schools. Vaccinating teens while they are still in school can get them caught up on their shots before getting a job, going to college or traveling abroad. These vaccinations can protect teens against many diseases that can cause serious health problems. Some Utah middle and high schools may provide immunizations at school. Check with the school nurse for more information.

What should you do if you want your teen to be fully immunized?

Check your teen's vaccination records or check with your doctor to be sure your teen has all the recommended vaccinations. If your teen needs vaccinations, contact your doctor, school nurse or local health department to get them.

All children birth through 18 years of age in any of the following groups may qualify for a program called Vaccines for Children (VFC): those who do not have insurance; are enrolled in Medicaid; are American Indian/Alaskan Native; or whose insurance does not cover vaccinations. VFC eligible children or teens may be asked to pay a small fee to receive their vaccines. The fee may be waived if they are unable to pay. All Utah local health departments, community health centers and some private clinics are VFC providers.

What vaccinations are recommended for teens?

All students are required by the Utah Immunization Rule to get immunized with certain vaccines before starting school or entering school. Your teen may have received some of these vaccines as part of the school requirement, but may need a "booster" (another dose of vaccine) to stay protected. If your teen hasn't already been fully vaccinated or needs recommended boosters, make sure he or she receives them before graduating from school. The following vaccinations are recommended or required:

- ◆ **Hepatitis A** (Hep A)
2 doses of hepatitis A vaccine.
- ◆ **Hepatitis B** (Hep B)
3 doses of hepatitis B vaccine are required for 7th grade entry in Utah schools.
- ◆ **Measles, Mumps, Rubella** (MMR)
2 doses of MMR vaccine are required for all Utah students.
- ◆ **Tetanus, Diphtheria** (Td)
1 dose of Td vaccine is required for 7th grade entry in Utah schools. A booster dose is recommended every 10 years after that.
- ◆ **Varicella** (Chickenpox)
1 dose of chickenpox vaccine is required for 7th grade entry in Utah schools for students 12 and under who have never had chickenpox or been vaccinated. Two doses of chickenpox vaccine are required for students entering 7th grade who are 13 years of age and older.
- ◆ **Meningococcal** (Meningitis)
1 dose of meningococcal vaccine is recommended if your teen is 11-12 years of age, entering high school (about age 15), or going to college and living in a dorm.
- ◆ **Influenza** (Flu)
1 dose of flu vaccine is recommended each year. Anyone who is pregnant, or has a serious medical condition such as heart or lung disease, anemia, asthma, kidney disease, diabetes or HIV infection is especially advised to talk to their doctor about getting the flu vaccine.
- ◆ **Pertussis**
1 dose of pertussis vaccine (Tdap) is recommended at 11-12 years of age and may be given instead of the Td vaccine for the 7th grade requirement. One dose of Tdap is also recommended for adolescents 11-18 who have already been vaccinated with Td to further protect against pertussis.